

Club Celebrates Clinton Stanley, OAM



Clinton Stanley, OAM at his 50th birthday party

It was an amazing month for club member Clinton Stanley. He celebrated his 50th birthday on June 15, and topped that by being honoured with a Medal of the Order of Australia for his service to people with a disability through swimming. A stalwart at our squads and swimming at meets, we are proud to have him as a member of the Noosa Masters Swimming Club! Great work and congratulations Clinton!

Club Volunteers Endure Enduro

...Contributed by Shane Walsh, Volunteer Coordinator

The Noosa Enduro once again proved to be one of the more demanding events on our volunteering calendar, and this year was no exception. With four rugged courses and the headline 100-kilometre ride, it required not only endurance from competitors but also dedication and resilience from those supporting the event behind the scenes.

Seventeen members of the Noosa Masters Swimming Club stepped up to take on marshalling duties across the course.

Unlike many of the events we assist with, this one placed volunteers individually at their posts, often for longer shifts and with little company. It is a role that requires focus, reliability, and a willingness to quietly get the job done—and our team delivered.



Terry Parker waiting "patiently."

There were, of course, a few memorable moments along the way. Lois demonstrated impressive confidence (and perhaps a touch of optimism) by

skilfully parking her Lovely Lexus right in the middle of a muddy patch at her marshalling site. Meanwhile, Terry was delighted with his colourful event shirt, which certainly added some flair to proceedings, even if during the quieter periods toward the end of the day, having nobody's ear to "chew" tested his patience!

Chris Cooper went above and beyond by making an extra effort to ensure Lynette received her two-way radio, a small but important act that helped keep things running

smoothly. It is these thoughtful contributions that make a real difference on the day.

We were also fortunate to have the support of Julie Rowe and Shane's besties Graham and Carmel, who are not club members but generously gave their time to assist. Their help was very much appreciated and reflects the strong community spirit that surrounds our club.

While the conditions and responsibilities were demanding, the effort put in by all involved contributed significantly to the success of the event.

The funds raised for the Club will benefit every single member! It is another example of what can be achieved when members are willing to step up and support each other.

A sincere thank you to everyone who volunteered—you represented the Noosa Masters Swimming Club with pride.

Our next volunteering events will begin on October 28th with the first of hopefully five events at the Noosa Triathlon week.

This is a vital opportunity to earn some significant money to meet the ever-increasing costs to our Club.

So PLEASE all hands on deck!!



Wendy Ivanusec modelling the volunteer shirt

Club Awards Accepted

Viv Merrill accepted the John Hughes Award for highest aerobic points core in Queensland in 2025 (the VORGEЕ Endurance 1000 program) on behalf of our club last month.

Viv competed at the Toowoomba short course meet on 30 May, along with Ian Tudker.

Viv spent a good deal of a day last month at the MSQ AGM where she accepted the trophy. Viv also gave her time to accept the National Trophy at the MSA National

Championships at Chandler back in April.

Ian is one of our club's quiet achievers having scored maximum Points in the Vorgee Endurance 1000 program for the

past eight years. This takes great dedication and is a wonderful feat.

Fittingly, both Viv and Ian are life members of our club and exemplify the spirit of fitness, fun, and friendship that is alive and well in our club.

Ian Tucker and Viv Merrill are pictured with the National Vorgee Endurance 1000 program trophy and the John Hughes trophy for Queensland in 2025.



Coolum Open Water Swim – A Different Kind of Challenge

The Bay2Beach had to relocate the Coolum Open Water Swim on 13 June 2026 to their back-up venue - the Coolum Water Ski Park. Unfortunately, the change of venue resulted in more than half of the entrants withdrawing, as the event was no longer an ocean swim. This left a field of just 63 determined competitors.

The venue change didn't deter Hilary Geers, Ian Tucker and Wendy Nothdurft, who were all keen to race regardless of the conditions. The water was smooth and fresh, if a little unusual – tea-coloured and a brisk 19°C.

The trio produced excellent results: Wendy Nothdurft – 21:53 (Silver), Ian Tucker – 21:56 (Gold), Hilary Geers – 22:28 (Gold)

Although Wendy and Ian were officially separated by just three seconds, Ian was

every bit the gentleman and allowed Wendy to cross the finish line first.

With the racing complete, it was time for what every swimmer appreciates after a chilly winter swim – warm clothes and a well-earned coffee.



Finish line at an unusual swimming venue

QNA Fun at Noosa Par Three Golf Course

...contributed by Chris Cooper

“Well, that was a lot of fun. Let’s do it again.”

So said several of our swimmers who came along to the recent Fun Golf Day at Noosa Par Three. Thanks to Helen and Trev who suggested and organised the day.

An elite group of eight gals selected the Mini Golf Course while the boys (all three of them) took to the fairway and teed off into the distance. We had a couple of cancellations, so we ended up as a small but enthusiastic group.

The weather was crisp but pleasant and after an overcast early morning the sun came out and jackets were shed.

Noosa Hills Par Three is a delightful course. Abundantly treed with well-kept landscaped areas, frequented by local bird and wildlife including a flock of geese, nibbling their way around the course.

The “mini-golfers” putted off in two groups of four, with no idea of what lay ahead. The Mini Golf course was quite a challenge. Very picturesque with curvy, rolling mounds, deep grassy bowls, barely noticeable bumps and rugged rocks planted in the circuitous mini fairways. They were all designed to take a carefully directed ball off in an unplanned direction. A gurgling water feature meandered throughout the 18 mini-holes and provided a pleasant background soundtrack.

Here on the 8th hole, we have three balls from Yvonne’s group aimed at the BLUE pin but somehow miraculously clustering around the RED pin while Yvonne searches in the garden for yet another errant ball! Needless to say, there were lots of laughs.

After a couple of enjoyable hours, we congregated at the club house area for a well-earned drink and yummy lunch organised by Helen and Trev. On the menu were substantial turkey and chicken wraps, sandwiches, fruit platters and slice.

Then came the all-important presentations! Studley Martin was a convincing leader in the ‘real golfers’ comp and received a winner’s award presented by Helen. Well done Studley for showing us how it’s done!

Ian Tucker was presented with an award for a stunning chip shot from the rough straight into the 6th hole!

On the Mini Golf circuit, Helen was the overall winner with a round of 45 for the 18 holes. What a feat! Congratulations Helen. Sandra Lyons starred with THREE Holes in One... and came second overall with 47. Magnificent effort Sandra! Julie Tierney was the winner of Group 2 with a score of 50 and two Holes in One. What a champ Julie.

This was a fun day. Worth doing it again. We were limited regarding the days we could access the big course as there were competitions, club rounds and activities held most afternoons. However, the mini-golf is available most of the time and we can book for groups. Thanks to everyone who came along and made it such a successful day.



The tricky 8th mini-golf hole, with Yvonne doing some “gardening” to find her ball

Jan Croft – Coach's Tips

Here are some more great tips from **Peter Reaburn**, author of *The Masters Athlete*.

Recovery is equally important, as the exercise itself. As we age we appear to need longer to recover and longer to adapt to training. Recovery strategies that work and are highly rated are stretching, high glycemic foods and drinking carbohydrate protein drinks after training. Other



strategies backed by science are easy swims, massage and sleep.

Swimming is a sport that demands good range of movement around the shoulders, hips, knees and ankles. Poor flexibility combined with poor technique can lead to injury. Stretch after every swim session and stay active for life. Remember exercise is medicine.

July Birthdays

Julie Rowe.....July 6

LiQun Hussey.....July 17

Ocean Swimmers Update

...Contributed by Terry Parker

While Hillary Geers, Ian Tucker and Wendy Nothdurft covered themselves in glory by capturing medals in Coolum in their age groups at the Coolum Bay2Beach swim (see page 3), the large and intrepid Noosa team swam at a more leisurely pace out to Two Trees along with Sue Potts (spot) and some friends.

Surf was up with solid one metre waves breaking at the National Park. Coffee and Breakfast wraps were then enjoyed, along with a hearty chat.



The intrepid ocean swimmers warming up after their swim

From Noosa to North Wales: A Chilly Challenge at The Big Bala Swim

Many Noosa Masters swimmers may remember Ruthie, who visited Noosa with her husband Neil several years ago. They thoroughly enjoyed swimming with the club and still speak fondly of the warm welcome they received.

This June, Ruthie joined Karen and fellow Southport Masters swimmers for another adventure – the **Big Bala Swim** in North Wales. While Karen tells the swimmer's story, Rod offers a glimpse into the equally demanding role of "official towel holder"!

Saturday 6 June – The Big Bala Swim

...Contributed by Karen Barton

The day began very early. Rod was already preparing for his important role as towel holder, bag carrier and Dryrobe guardian.

Meanwhile, Ruthie, two other Southport Masters swimmers and I were excited but slightly apprehensive. Conditions were far more wintry than you would normally expect in June. The water temperature in Bala Lake was just **12°C**, while the air temperature struggled to reach **13°C**.

This was our third year taking part in the event. I chose the **4.5-kilometre swim**, which starts with a vintage steam train journey to the far end of the lake before competitors swim its length back to Bala. The train ride provides a chance to chat with other equally mad swimmers before entering the water.



Despite the temperature, the water felt surprisingly comfortable. After spending the winter swimming at Eccleston Delph near home in temperatures below **6°C**, Bala almost felt warm!

The swim went well and I resisted switching to my favourite stroke, backstroke, until around the 3-kilometre mark. Looking up at the grey Welsh sky was a welcome distraction, although retrieving an energy gel from my wetsuit leg proved far more difficult than expected with hands numbed by the cold.

At around 3.5 kilometres, the wind picked up and the final kilometre became a real battle. Reaching the final buoy and staggering ashore was a wonderful feeling. My finishing time of **1 hour 42 minutes** earned me **third place in my age group**.

Ruthie, swimming the **3-kilometre event**, produced an outstanding performance and finished **first in her age group**.



Karen and Ruthie

All the Southport swimmers performed brilliantly and, now that we've recovered, we're already talking about next year's event. **Any Noosa**

Masters swimmers fancy joining us?

See an additional article on the following page...

The Towel Holder's Tale

...Contributed by Rod Barton

For us towel holders, the event actually begins on **New Year's Day**, when the swimmers decide that a dip in the Irish Sea at Formby Beach is somehow essential preparation for an event six months away.

Our role is simple: load the car with wetsuits, swim hoods, goggles, earplugs and assorted equipment, then march across a mile of sand dunes trying to look enthusiastic rather than frozen.

Months of training follow, much of it taking place at Eccleston Delph – a flooded quarry filled with extremely cold fresh water. The saving grace for towel holders is the excellent coffee and bacon sandwiches available while the swimmers train.

Eventually Bala arrives.

Karen and I rent a hillside cottage overlooking the lake. Neil and Ruthie choose a campsite cabin complete with hot tub, which immediately raises questions about who has made the better accommodation choice.

On race morning Karen is up at what can only be described as "daft o'clock" to register. I sensibly return to sleep for another hour. Later we collect Neil and Ruthie and head to the start area. Ruthie begins her 3-kilometre swim while Karen boards the vintage steam train for the start of the 4.5-kilometre event.

Neil and I establish a highly sophisticated shelter by draping Dryrobes and assorted kit over a picnic bench. Officially we remain at the finish area in case of emergencies. Unofficially, our primary responsibility is to take the all-important finishing photographs. Failure in this duty can have serious domestic consequences.

While waiting, we are entertained by a fierce territorial dispute involving two ducks, a

moorhen and two Labrador dogs. The Labrador team eventually claims victory.

The first swimmer to appear is Ruthie's blue swim cap, powering steadily towards the finish. She wins her age group by an astonishing **22 minutes**. Out come the cameras!

About half an hour later an orange swim cap appears in the distance. Then comes the familiar splash and determination of Karen making her way towards the finish.

Third place!

Fortunately, I am ready with the camera.



However, I must confess that photographing your wife after she has spent nearly two hours swimming in 12-degree water while dressed in a wetsuit, neoprene cap, gloves, boots, earplugs and goggles – and somehow making her look like a glamorous beachgoer casually strolling from the warm waters of Noosa's Main Beach – remains well beyond my photographic abilities.

With the swimming finished, there is only one thing left to do: warm beer, a hot Indian curry and plans for next year's challenge!

Endurance Report – June 2026

...Contributed by Denise DeCarlo – (Virtual) Endurance Coordinator

Reminder: the Endurance swim time is from 9:30-11 on Tuesdays in the 25m pool.

June brought some adjustments due to swimming in the 25m pool. Endurance turnout has been pretty good given cooler winter temps and people travelling. Some swimmers are taking advantage of the warmer pool temps and focusing on improving turns. It might be chilly out, but the water is warm (sometimes too warm!)

Please welcome and introduce yourself to our newest swimmer Heather McLeod who is doing Endurance as well.

Achievements in the last 30-days:

- Susie Morris' 400 breaststroke improved by 20 seconds – wow!
- Chris Cooper improved her 400 breaststroke immensely – more wow!
- Lots of longer swims

O Adele Tucker 1500 Free

O Ian Tucker 1500 backstroke and 45m breaststroke

O Sue Silburn 1500 breaststroke

O Studley Martin 60m breaststroke and 45m free – on track to have the highest number of points with fewest swims!

O Denise DeCarlo 1500 free (she's just happy to be swimming)

O Robert Ashwell 30m breaststroke

O Terry Parker 45m breaststroke

O Jo Matthews 30m free

- Anne Besser smashed her 800 backstroke
- Terry Parker is swimming tons and continues to improve his times from last year. He also has 570 points as of 23 June,

still the leader of the pack with a few swimmers on his tail.

Mark your diaries – there will be a breaststroke and butterfly clinic from 2-4pm on Saturday 24 October. Ian Robinson will return to instruct on breaststroke and butterfly techniques. Not to be missed!

Susie Morris and Terry Parker have been watching over Endurance related activities whilst Denise is overseas with family. Much appreciated. And well done to the deckies and timers for adjusting to the 25m pool nuances.

Special thanks to our winter timers Bob Morse, Grant Scotcher and Liz Alfredson. It's so helpful when people show up to time so swimmers can shower after their swim.

Miss you all, keep up the great work.

And now, a different kind of endurance!!!



Kevin Alford with a very big barramundi he had the endurance to get into his boat!

Dates to Note

Swim Meet Calendar

Event Date	Event (Click on event name for more info)	Location	Entries Close
16-18 July	MSQ State Championships (LC)	Townsville, QLD	TBA
19 July	MSQ Open Water Championships	Townsville, QLD	TBA
29 August	Brisbane Northside Masters Meet (SC)	Fortitude Valley, QLD	TBA
4 October	Whitehaven Open Water Meet	Whitsunday Island, QLD	20 Sept
17 October	Hervey Bay Masters Meet (SC)	Torquay, QLD	6 October
12-14 November	Pan Pacific Masters Games (LC)	Southport, QLD	29 October
5 December	Sunshine Coast Masters Meet (LC)	Kawana, QLD	24 November

Mark Your Calendars!

Butterfly and Breaststroke
Workshop

with Ian Robinson

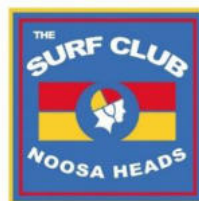
24 October 2026 at the NAC

2:00pm - 4:00PM



Noosa Masters Swimming Club thanks its generous sponsors for their support

PLATINUM



GOLD

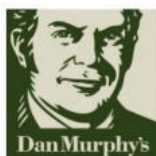


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SILVER



BRONZE



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